

## GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It cures quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a

box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.

**160 ACRE FARMS IN WESTERN CANADA FREE**

**Get under the Shower of Gold**

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$30 per acre and raise from 20 to 45 bushels of \$2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

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and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

**W. V. BENNETT**  
Room 4, Bee Bldg., Omaha, Neb.  
Canadian Government Agent

### WORTHY OF HIGHEST HONOR

Country Owes Heavy Debt to Eight Men Who Served Nation in Time of Dirc Crisis.

The brains containing the whole of our technical directing knowledge about guns and gun carriages throughout the whole of last summer, selecting types, scrutinizing old types, studying new types, getting drawings, supervising the translations of drawings, seeing manufacturers, telling manufacturers and telling new reserve officers just what sorts of manufacturing would be necessary, hunting factories, hunting draughtsmen, hunting engineers spreading themselves out over everything—those brains, those officers, were eight!

When we think of what they did, when we think of how they labored throughout those first terrible months, bringing this country from nothing to something in cannon, I say that all we can do is to take off our hats to them and thank God they were there and be very humble in their presence.—William Hard, in the New Republic.

**Sounded Like German.**  
A college professor, calling at a livery stable, addressed a hostler as follows:  
"Boy, extricate the quondruped from the vehicle. Stabulate him and devote him an adequate supply of nutrition, and when the aurora of morn shall illuminate the oriental horizon, I will award you a pecuniary compensation for your amiable hospitality."  
Groom, bolting inside, shouts:  
"Master! Here's a Dutchman wants to speak ter ye."

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**ASTHMA**

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**Soldiers Soothe Skin Troubles with Cuticura**

Soap, Ointment, Talcum etc. each a package of Cuticura, Dept. E. Boston.

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**DAISY FLY KILLER**

placed anywhere, attracts and kills all flies. Great, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't tip or slip over, will not soil or injure anything. Guaranteed effective. Sold by dealers, or 5 cents by mail. Price, 10c.

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W. N. U., OMAHA, NO. 33-1918.

### The Poor White.

A congressman, praising America's marvelous war production, said the other day:  
"Our war work is going to be so splendid that it will make other countries seem like poor whites beside us."  
"You know the poor white story? It's a story about a man in a Mississippi village who squatted down on his porch—at seven o'clock in the morning and sat hour after hour motionless except for the steady movement of his jaws chewing niggerhead."  
"Finally his wife came to the door and said, in a despairing kind of voice: 'Ain't ye goin' to work today?'"  
"Nope," said the man.  
"Why not?" she whined.  
"Ain't got time."

Smile, smile, beautiful clear white clothes. Red Cross Ball Blue, American made, therefore best. All grocers. Adv.

**The Only Peace for Germany.**  
"Germany," said a senator, "talks a lot of arrogant nonsense about her peace, the German peace; but in the end there will be only one peace for Germany, and that is the peace of defeat."

"To Germany the peace table looks beautifully spread with colonies and indemnities and Atlantic ports, but in the end she will like the man who said to his guest:  
"Will you have a little of this cold veal, or—"  
"Here the man looked round the table hurriedly—or not?"

**Give 'Em Time.**  
Speaking of the thoroughness with which England has gone into the war, the officer in charge of the British recruiting office located in Los Angeles, Cal., remarked: "Not only have they out the nation on short rations, but even walking-sticks have come under government control."  
"But not shillelals," grinned a bystander, whose name obviously was not Isaac.

**Nobody at Home.**  
A. E. Clark, editor of the City Bulletin of Columbus, Ohio, was with a friend who was campaigning for the Red Cross. The friend knocked at a door and a voice said, "Come in." His friend tried the door, then shouted, "It's locked!" "Come in," repeated the voice, and the campaigners replied: "It's locked." "Come in," "It's locked." At that point a woman put her head out of a window next door and said: "There's no one home. You're talking to the parrot."—Troy Times.

**Cured Him.**  
"I've cured my husband's insomnia."  
"How did you do it?"  
"Pretended I was ill and had the doctor prescribe medicine which Henry was to give me every half-hour all night long."

**The Diagnosis.**  
"Hasn't the patient a decidedly developed case of egoism?"  
"No; just plain, ordinary fits."

**His Class.**  
"So the new private is a millionaire."  
"Yes; he's a real dough boy."

**Your Eyes**

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist or by mail 60c per Bottle. For Book of the Eye free write **Murine Eye Remedy Co., Chicago.**

## THE KITCHEN CABINET

Through envy, through malice, through hating, Against the world, early and late, No jot of our courage abating, Our part is to work and to wait.

—Alice Cary.

### SEASONABLE DISHES.

Cereals, even the leftovers from breakfast, may be used to make delicious and nourishing dishes as puddings and desserts.

**Date Hominy Pudding.**—Soak a cupful of hominy in four cupfuls of water with a teaspoonful of salt overnight. Cook in a double boiler until the liquid is absorbed, then stir in a cupful of honey, a grating of nutmeg and the grated rind of a lemon. Grease a pudding mold and in the bottom place four dates. Cover with an inch of the cooked hominy and arrange a row of dates around the dish, pour in the remainder of the hominy, cover and steam two hours. When done, unmold and serve cold with cream and sugar or hot with a sweet sauce.

**Soy Bean Loaf.**—Wash and drain well one pound of soy beans, place them in a saucepan and cover with plenty of cold water; put in an onion stuck with a clove, a little salt, a bay leaf and a half teaspoonful of thyme, tied in a bit of muslin. Cover the sauce pan and cook at a low temperature until the beans are tender, adding more water if needed. When cold put through a meat chopper, season with salt and pepper, stir in a half cupful of catsup, two canned pimientos and the whites of two hard-cooked eggs chopped fine; mix well, turn out on a floured board, brush over with the beaten yolk of egg and sprinkle with bread crumbs. Place in a greased pan and bake in a moderate oven three-quarters of an hour. Garnish with parsley. Serve either hot or cold.

**Chili Con Carne.**—Cut two pounds of round steak into small square pieces. Melt two tablespoonfuls of butter substitute in a saucepan and when hot add the steak, fry brown; then add one cupful of boiling water and four tablespoonfuls of rice. Cook until tender. Add three canned red peppers cut in pieces, one cupful of cooked beans, two parboiled onions cut in slices, one tablespoonful of flour, four cloves, one clove of garlic, chopped, a teaspoonful of salt and cook until the gravy is of the right consistency. Serve garnished with parsley.

**String Beans With Pork.**—Remove the strings from two quarts of green beans and slice them lengthwise into one-eighth-inch strips. Cut into dice one thin slice of salt pork, three inches square, and fry it in a granite stew pan. Put in the beans, with a cupful of boiling water, and let them cook half an hour; then add a half teaspoonful of salt, a dash of pepper, a teaspoonful of sugar, half a cupful of vinegar and simmer until the beans are tender. When nearly cooked thicken with a teaspoonful of flour, if desired.

There is no contentment without congenial and useful occupation. Happy is the one who is skilled to do something very well.

### FOOD HINTS.

When you fry cornmeal mush roll each slice in cornmeal with a pinch of sugar; the slices will brown quickly and evenly with less fat.

**Rabbit en Casserole.**—As rabbit is one of our meats we are asked to use save beef, some of us will need to get over fousness about eating rabbit which is most wholesome and good flavored meat. Dress the rabbit and cut it up in serving sized pieces, brown in any sweet fat, then add two tablespoonfuls of corn flour and two cupfuls of hot water. Stir until smooth, pour over the rabbit, add a few slices of onion which have been browned in a little fat, a cupful of celery, a bit of bay leaf, salt and pepper and enough water to half cover. Cover and cook slowly for an hour and a half. If a thicker sauce or gravy is desired add more corn flour. Serve hot with a tart jelly.

**Bombay Soup.**—Put a tablespoonful of peanut butter into a saucepan, add one onion sliced and cook slowly without browning; then add one large sour apple sliced, but not peeled, a teaspoonful of thyme, juice of half a lemon, a teaspoonful of curry powder, a teaspoonful of salt and two tablespoonfuls of rice, cooked. Cover and simmer gently for ten minutes with one quart of good soup stock.

**Rice and Meat Loaf.**—Butter a mold and line it three-quarters of an inch thick with hot, steamed rice. Prepare a mixture of two cupfuls of finely chopped meat, seasoned well with pepper, celery, salt, onion and lemon juice; add a quarter of a cupful of crumbs and enough rice water to make of the right consistency. Stock of any kind may be used if there is no rice water. Nearly fill the mold with this mixture then cover with a layer of the rice, put on the buttered lid and steam

for forty-five minutes. Turn out on a hot platter and pour a rich tomato sauce around the loaf.

Rice with chicken, lamb, mutton or chopped tongue makes most tasty croquettes.

### SAVE THE SUGAR DESSERTS.

Among the light desserts which are easy for the inexperienced housewife to prepare are the fruit combinations. Fruits are rich in mineral substances and acids which are needed in the blood. The following desserts, while saving sugar, are giving us a new and delicious flavor.

**Chocolate Pears.**—Steam unstemmed pears until tender, after peeling and coring carefully. To the juice of a lemon and half a cupful of water add corn or maple sirup until it is quite sweet; to each cupful of the juice add a heaping tablespoonful of chocolate and vanilla to flavor. Cook until smooth and pour over the pears.

**Pineapple Bavarian Cream.**—Dissolve two tablespoonfuls of gelatine in a half cupful of cold water. Heat together one grated pineapple or one can of preserved pineapple, a half-cupful of corn sirup, a tablespoonful of lemon juice; add to the gelatine and stir until the gelatine is thoroughly dissolved. Then chill the mixture in a pan of water, stirring constantly. When it begins to thicken fold in a cupful of cream, whipped. Place in a mold and set aside to chill.

**Jellied Figs.**—Dissolve two tablespoonfuls of gelatine in half a cupful of water. Cook a pound of figs with two cupfuls of water slowly, until the skins are tender. Add the boiling water in which the figs were cooked to the softened gelatine and stir until thoroughly dissolved. Add a half-cupful of corn sirup and enough grape juice to make four cupfuls of liquid. Put the liquid and figs in layers in a mold, letting each layer of liquid partly set before adding the next. Serve when unmolded with cream.

**Raisin Sandwich.**—Stew raisins in a little orange juice until plump. Put aside to chill. Spread graham crackers with the raisins and a little grated maple sugar mixed with cream. Put on another cracker and the sandwich is ready.

The movement for conservation is not only helping in saving food for our army and allies but it is educating us away from rich pastry and puddings, which we are finding most important in keeping our nation's health up to standard.

A hearty welcome manifested in kindly and polite attentions, will make a very plain meal more enjoyable than a banquet.

### WAYS WITH SWEETBREADS.

Sweetbreads, being perishable meat, are one of the best of summer meats which we may feel free to use. When the price is not prohibitive they should be frequently served.

Sweetbreads should be fresh, as they spoil quickly. Remove all the skin, fibers and tubes without breaking the sweetbreads themselves. Soak in cold water for an hour, changing it often to extract all the blood. Drain and put to cook in simmering water for 20 minutes. Use the broth in which they were cooked as a basis for the sauce in which to serve them. Plunge the sweetbreads as soon as cooked into cold water to keep them firm and white. If to be baked, wrap each sweetbread in a cheesecloth and put it under a weight.

**Braised Sweetbreads.**—Place in a baking pan a layer of new peas and small carrots with new potatoes; on this bed of vegetables place the prepared sweetbreads with a few cubes of fat salt pork. Add enough of the stock in which the sweetbreads were cooked to cover the vegetables. Cover tight and cook about forty minutes. Season with salt and pepper during the cooking.

**Sweetbreads in Gelatine.**—Cut into small dice two cupfuls of cooked sweetbreads. Soak a tablespoonful of gelatine in one-quarter of a cupful of the broth and dissolve it in half a cupful of hot broth. Add the sweetbreads, one tablespoonful of lemon juice and salt and pepper to taste. Stand the mixture in a pan of ice water, stir frequently and as it begins to stiffen fold in one cupful of whipped cream and two tablespoonfuls of chopped parsley. Turn into molds and chill. Serve in slices laid on crisp lettuce leaves.

**Tomatoes Stuffed With Sweetbreads.**—Peel and scoop out the centers of medium-sized tomatoes, sprinkle with salt and invert to drain. Set on ice to chill. Cut sweetbreads previously cooked, into dice, add a few cooked asparagus tips, a spoonful of minced green pepper, season well with salt and paprika, add mayonnaise dressing to moisten, and fill the tomatoes. Garnish each with a stuffed olive.

*Nellie Maxwell*

**Lemon Juice For Freckles**

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how freckles, sunburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

**His Range of Vision.**  
A private somewhere in France reported sick with loss of sight. The medical officer went through the form of testing, placing the letters A B C in front of the would-be blind one, remarking:  
"Do you see those, my man?"  
"No, sir," was the answer.  
The M. O. then procured a white dinner plate and placed it a few inches from the man's eyes, at the same time asking:  
"What is this, my man?"  
"Half a franc, sir," came the answer.  
"Very good guess, indeed," said the M. O.; "and now let me tell you when you get to the front line trench and catch a Prussian guard you'll think he's a bantam."

**Of Course.**  
The patriotism of one Clinton county farmer was clearly shown in a telephone conversation with a local hardware dealer, whom he had called to inquire if the store had a supply of millet seed.  
"Why, yes, we have a supply," said the dealer; "we have some German millet—"  
But here the dealer was interrupted by the farmer as follows: "To— with German—" and the irate farmer slammed the telephone receiver on the hook.—Indianapolis News.

**Slack Management.**  
Samuel Rea, ex-president of the Pennsylvania railroad, told a railroad story at a dinner in Philadelphia: "It's a very ill-managed road," he said. "Once, on its 'flying bullet' express, a dreadful storm came up, and the express stopped for the night at Mugs's Staging."  
"Conductor," said a traveler, genially, "we're going to be late."  
"No, we ain't goin' to be late, neither," snarled the conductor.  
"But I thought we were going to tie up here all night?"  
"Well, so we are," the conductor admitted, "but that ain't goin' to make us late. We don't run so close to time as all that."

**Could Count on the Hum.**  
It came as a blow to Rozzer that his friend was leaving for the country.  
"Things will be pretty dull without you, old chap," he said, gloomily.  
"Don't feel down about it, my boy," replied the other; "but, all the same, I bet I shall make things hum down there."  
"Got some scheme on already?"  
"Yes. You see, I'm thinking of keeping bees."

### WHERE BATHTUB IS UNKNOWN

Alaskan Town Should Be Close Approach to Paradise for the Average Small Boy.

Etah is the most northerly town in the world. It was visited by MacMillan, the great Arctic explorer, to whom we owe a good deal for the interesting information he has given us about the life of the people in this remote part of the earth.

As is the custom of the Indian squaw, the Eskimo mother of Etah carries her baby on her back, and often she has it here while she is attending to her household duties. Possibly the youngster on the back of the cheerful-looking Eskimo mother has never gone through the process of taking a bath, for we are told that the Eskimos have a superstition to the effect that it makes babies cross to bathe them. Explorers tell of babies several months old that have never been touched by soap and water.

Beautiful, clear white clothes delights the laundress who uses Red Cross Ball Blue. All grocers. Adv.

## Don't Poison Baby.

**FORTY YEARS AGO** almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.

Genuine Castoria always bears the signature of *Chas. H. Fletcher*.

## Watch Your Stomach In Hot Weather

A Cool, Sweet, Strong Stomach Your Best Safeguard Against Summer Sickness

"Keep your stomach in good working order during the hot summer months and you will have little to fear in the way of sickness," the advice many physicians give as hot weather approaches.

Good, sound, common sense advice, too. For very frequently, and especially in hot weather, these common stomach disorders which so many people seem to regard as of minor importance, do open the way for serious illness.

So keep your stomach sweet, cool and comfortable all summer long. The extra work—change of diet—poisons that come with hot weather—all hit us in the stomach. The strongest stomach will need help this summer as never before.

The one easy way if you have the right remedy is to rid the stomach of too much acid. Because it's superacidity that interferes with digestion and assimilation, and this causes about all those stomach miseries you are so familiar with—heartburn, food-repeat-

## Help Save the Harvest

When Our Own Harvest Requirements Are Completed United States Help Badly Needed Harvest Hands Wanted

Military demands from a limited population have made such a scarcity of farm help in Canada that the appeal of the Canadian Government to the United States Government for

**Help to Harvest the Canadian Grain Crop of 1918**

Meets with a request for all available assistance to **GO FORWARD AS SOON AS OUR OWN CROP IS SECURED**

The Allied Armies must be fed and therefore it is necessary to save every bit of the crop of the Continent—American and Canadian.

Those who respond to this appeal will get a **Warm Welcome, Good Wages, Good Board and Find Comfortable Homes**

A card entitling the holder to a rate of one cent per mile from Canadian boundary points to destination and return will be given to all harvest applicants. Every facility will be afforded for admission into Canada and return to the United States.

Information as to wages, railway rates and routes may be had from the **UNITED STATES EMPLOYMENT SERVICE** OMAHA, HASTINGS, NORTH PLATTE, COUNCIL BLUFFS, IA.